

**MAY
2010**

PRIME TIME news

Mountain View Senior Center

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SENIOR CENTER HOURS

Monday - Wednesday

8:30 a.m. - 9:00 p.m.

Thursday - Friday

8:30 a.m. - 5:00 p.m.

SENIOR CENTER STAFF

STEVE ACHABAL
Senior Recreation Coordinator

MEGAN GARVERICK
Recreation Coordinator

CYNTHIA SPINELLA
Office Assistant III

JUSTINA LINAN
NANCY HUGYIK
Recreation Specialist

ELIZABETH MUSSO
Lunch Program
650-964-6586

**EVENING BUILDING
ATTENDANTS**
Christan Basconcilo
Jose DeAnda
Kyle Ignaitis
Rich Stephens
Shona O'Neil
Kari Thorson

HOLIDAY - The Center will be closed Mon,
May 31st for Memorial Day.

WORKSHOPS: Please note that space is limited for all workshops and pre-registration is required. To reserve a seat, call the Center at (650) 903-6330 or visit the front desk.

HEALTHY AGING WORKSHOP- Have you ever wondered if what you are experiencing is healthy normal aging? Would you like to know how to beat the unnatural and life constraining aspects of aging? Join foothill College instructor, Scott Lohman, as he facilitates a group exploration about aging and some great easy physical exercises. Join this wonderful instructor, sign up today!

DATE: Monday, May 17th

TIME: 12:00 noon

LOCATION: Senior Center, Multi Purpose A

FIND ANSWERS ON THE INTERNET?-

Knowledge has always been a gift. It was passed on to those lucky enough to have access. But never in the history of the pursuit of knowledge has there been a media like the internet! Now, you have infinite knowledge at your fingertips. Learn the tips you need to maximize the efficiency of your internet searches with this workshop. You will also learn about different search engines. Please have basic computer skills before you sign up for this workshop. Sign up early as space is limited.

Date: Thursday, May 20th

Time: 2:00 p.m.

LOCATION: Senior Center, Technology Room

ATTENTION ALL ANIMAL LOVERS "One reason a dog can be such a comfort when you're feeling blue is that he doesn't try to find out why" Humane Society Silicon Valley will share information on both their Golden Pet program, designed to match senior pets with senior people, and their Pet Guardianship program, which can give you peace of mind knowing there's a plan for your pet in case you can no longer care for it. Come join us to get a visual "tour" of Humane Society Silicon Valley and their new Animal Community Center in Milpitas, and learn how easy it can be to enjoy the loving companionship of a cat or dog in your life.

DATE: Thursday, May 27th

TIME: 1:00

LOCATION: Senior Center, TBA

WORKSHOPS

City of Mountain View, CSD, Recreation Division
266 Escuela Ave., Mountain View, Ca 94040 (650) 903-6330, www.mountainview.gov